

100 Meters

1.	Dai'lyn Merriweather	11.72a(1.7)	2017
2.	Brinley Jackson	12.23a	2021
3.	Jai'lyn Merriweather	12.24c	2017
4.	Makayla Woods	12.47a	2017
5.	Sarah Takayoshi	12.51	2008
6.	Logan Nelson	12.52a	2019
7.	Jessica Ojukwu	12.54c	2013
8.	Taylor Troupe	12.76	2012
9.	Kaitlyn Provinsal	12.87	2008
10.	Annaliese Ward	12.99a	2019

200 Meters

1.	Dai'lyn Merriweather	23.73a(2.6)	2017
2.	Jai'lyn Merriweather	24.10a (2.6)	2017
3.	Brinley Jackson	24.9a	2021
4.	Logan Nelson	25.42a	2019
5.	Jessica Ojukwu	25.84c	2011
6.	Makayla Woods	25.85a	2017
7.	Sarah Takayoshi	25.93a	2008
8.	Kaitlyn McKinney	26.34c	2011
9.	Brooklyn Jackson	26.64A	2018
10.	Taylor Troupe	26.76c	2012

400 Meters

1.	Jai'lyn Merriweather	53.44a	2017
2.	Dai'lyn Merriweather	55.81a	2016
3.	Jessica Ojukwu	58.11	2013
4.	Kaitlyn McKinney	58.34c	2011
5.	Brinley Jackson	58.67a	2021
6.	Brooklyn Jackson	58.64a	2018
7.	Bobbi Eckler	59.70	2010
8.	Alexis Fuller	1:00.46	2014
9.	Vanessa Nicacio	1:00.98a	2018
10.	Haylee Brodahl	1:01.04a	2018

800 Meters

1.	Alexis Fuller	2:10.68	2013
2.	Jai'lyn Merriweather	2:17.34	2017
3.	Kaitlyn McKinney	2:18.14	2011
4.	Brooklyn Jackson	2:21.03	2018
5.	Dai'lyn Merriweather	2:23.4h	2016
5.	Cassie McKinney	2:23.8h	2016
7.	Katherine Cochran	2:24.78	2008
8.	Brina Sych	2:26.55	2008
9.	Nia Washington	2:26.94	2021
10.	Allie Connell	2:27.65	2015

1600 Meters

1.	Alexis Fuller	4:46.4h	2012
2.	Cassie McKinney	5:15.44	2016
3.	Allie Connell	5:24.0h	2015
	Brina Sych	5:24.0h	2008
5.	Haylee Brodahl	5:24.28	2018
6.	Kaitlyn McKinney	5:25.0h	2011
7.	Serena Smith	5:25.28	2017
8.	Charlotte Wilson	5:28.9	2021
9.	Katherine Cochran	5:28.93	2008
10.	Nia Washington	5:29.28	2021

3200 Meters

1.	Alexis Fuller	10:53.4h	2012
2.	Haylee Brodahl	11:28.22	2018
3.	Cassie McKinney	11:33.63	2013
4.	Allie Connell	11:34.8h	2015
5.	Serena Smith	11:52.00	2017
6.	Brooklyn Baldwin	12:01.55	2018
7.	Sere' Brown	12:04.7h	2012
8.	Alex Taylor	12:05.86	2018
9.	Katherine Cochran	12:09.9h	2008
10.	Ban Alamin	12:24.3	2018

100m Hurdles - 33"

1.	Annaliese Ward	15.41a	2019
2.	Heather Browning	15.84c	2013
3.	Brina Sych	15.95	2010
4.	Mikyla Ogata	16.43	2010
5.	Tuileisu Anderson	16.94c	2012
6.	Tanya Gladkov	16.95	2016
7.	Aree Botkin	17.29	2018
8.	Andy Scalberg	17.38	2017
9.	Kennedy Breier	17.43	2016
10.	Lizzie Riggins	17.54c	2011

300 Hurdles – 30"

1.	Brina Sych	44.98	2010
2.	Annaliese Ward	46.10a	2019
3.	Heather Browning	46.12	2012
4.	Lolo Weatherspoon	47.18a	2019
5.	Kennedy Breier	47.96	2015
6.	Eryn Sych	49.24	2011
7.	Kaitlyn McKinney	49.60	2012
8.	Genevieve Elston	49.66	2015
9.	Shanise Jordan	49.94c	2008
10.	Arianna Suarez	50.20a	2019

4x100 Relay

1.	Logan Nelson Makayla Woods Jai'lyn Merriweather Dai'lyn Merriweather	48.42	
2.	Makayla Woods Tayler Troupe Jai'lyn Merriweather Dai'lyn Merriweather	48.66	2015
3.	Relay Team	49.55	2016
4.	Jessica Ojukwu Caitlin Glass Amberlee Maluenda Zoe Langsdorf	50.09	2011
5.	Jessica Ojukwu Kaitlyn McKinney Sarah Stanford Tayler Troupe	50.64c	2012

4x200 Relay

1.	Logan Nelson		
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			2017
	Makayla Woods		
	Jai'lyn Merriweather		
	Dai'lyn Merriweather	1:37.89	
2.	Makayla Woods		
	Kennedy Breier		
	Jai'lyn Merriweather		
	Dai'lyn Merriweather	1:41.16	2015
3.	Relay Team	1:42.13	2016
4.	Zoe Langsdorf		
	Caitlin Glass		
	Jessica Ojukwu		
	Kaitlyn McKinney	1:44.00	2011
5.	Brooklyn Jackson		
	Brinley Jackson		
	Logan Nelson		
	Vanessa Nicacio	1:45.29	2018

4x400 Relay

1.	Brooklyn Jackson Makayla Woods Jai'lyn Merriweather Dai'lyn Merriweather	3:46.36	
2.	Makayla Woods Dai'lyn Merriweather Alexis Fuller Jai'lyn Merriweather	3:50.50	2015
3.	Jai'lyn Merriweather Dai'lyn Merriweather Makayla Woods Vanessa Nicacio	3:53.98	2016
4.	Heather Browning Jessica Ojukwu Alexis Fuller Kaitlyn McKinney	3:57.68	2012

5.	Heather Browning		2017
	Kaitlyn McKinney		
	Jessica Ojukwu		
	Alexis Fuller	4:00.47	2013

4x800 Relay

1.	Brooklyn Jackson Brooklyn Baldwin Alex Taylor Haylee Brodahl	9:59.23	2018
2.	Imani Chapin Cassie McKinney Allie Connell Brooklyn Jackson	10:11.17	2016
3.	Allie Connell Maddie Granger Ban Alamin Samantha Rosenkranz	10:25.62	2015
4.	Allie Connell Samantha Rosenkranz Cassie McKinney Hannah Delapp	10:49.03	2014
5.	Mackenzie Berg Brooklyn Baldwin Lexi Raymore Drew Lobis	11:11.58	2017

SMR 200-200-400-800m - [2-2-4-8]

1.	Jai'lyn Merriweather Dai'lyn Merriweather Nicole Carlson Allie Connell	4:38.09	2015
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DMR 1200-400-800-1600m

1.	Alexis Fuller Sere' Brown Genevieve Elston Cassie McKinney	13:04.27	2013
2.	Cassie McKinney Nicole Carlson Alexis Fuller Allie Connell	13:06.88	2015
3.	Kaitlyn McKinney Nicole Carlson Alexis Fuller Sere' Brown	13:17.9h	2012
4.	Vanessa Nicacio Haylee Brodahl Serena Smith Alex Taylor	13:22.08	2018
5.	Allie Connell Angelina Krawczyk Cassie McKinney Alexis Fuller	13:39.63	2014

Shot Put - 4kg

1.	Carolina Siofele	40' 7	2009
2.	Ariel Ammentorp	38'1.5	2021
3.	Vanessa Muckerheide	37' 11	2013
4.	Maureen Ojukwu	37' 0	2009
5.	Genina Carey	34'5.5	2018
6.	Leibreena Valotualemoso-Fesili	34'3	2021
7.	Erika Addy	33'10.5	2018
8.	Rori Noa	32' 11	2009
9.	Amica Cranston	32' 5	2012
10.	Felicia Odle	32' 4	2010

Discus - 1kg

1.	Carolina Siofele	132' 4	2009
2.	Hailey Haggard	122' 2	2015
3.	Maureen Ojukwu	115' 0	2009
4.	Genina Carey	111'9	2019
5.	Vanessa Muckerheide	109' 3	2013
6.	Lexi Raymore	108'0.5	2019
7.	Reilyn Sabado	107'0	2021
8.	Amica Cranston	103' 10	2012
9.	Ariel Ammentorp	100'7.5	2021
10.	Erika Addy	99'2"	2018

Javelin - 600g

1.	Angelique Williams	131' 11	2012
2.	Lexi Raymore	130' 2	2019
3.	Tuileisu Anderson	127' 9	2014
4.	Felicia Odle	122' 10	2010
5.	Tanya Gladkov	122' 6.75	2017
6.	Brandi Victor	114' 3	2012
7.	Sara Hunt	104' 11	2016
8.	Katee Dobler	104' 7	2009
9.	Nicole Carlson	99' 6	2015
10.	Emily Takayoshi	99' 2	2017

High Jump

1.	Lolo Weatherspoon	5' 4	2019
2.	Heather Browning	5' 3	2010
3.	Leina Buchanan	5' 2	2009
3.	Madi Schalk	5' 2	2018
3.	Jordynn Montero	5' 2	2009
6.	Lauren Birch	5' 1	2015
6.	Kennedy Breier	5' 1	2016
6.	Emily Takayoshi	5' 1	2016
9.	Dai'lyn Merriweather	5' 0	2015
9.	Jessica Ojukwu	5' 0	2011

Long Jump

1.	Taylor Troupe	17' 5.5	2014
2.	Emily Wilson	17' 5.25	2016
3.	Heather Browning	17' 1.5	2013
4.	Madi Schalk	16'7	2019
5.	Nicole Carlson	16' 3.5	2014
6.	Brinley Jackson	16'2.5	2019
7.	Olivia Troupe	16'0	2019
8.	Jewels Soto	15' 9.75	2017
9.	Sona Saidy	15' 9.5	2011
10.	Hannah Schmidt	15'9.5	2021

Triple Jump

1.	Emily Wilson	36' 9	2016
2.	Nicole Carlson	35' 7.5	2014
3.	Megan Dire	34' 8.5	2009
4.	Madi Schalk	34'0	2019
5.	Hailey Brunsch	33' 10.5	2017
6.	Eryn Sych	33' 7.5	2010
7.	Madison McKay	33'0.5	2018
8.	Jordynn Montero	32' 11	2012
9.	Tuileisu Anderson	32' 7.75	2012
10.	Olivia Troupe	32'6.5	2018

Pole Vault

1.	Alexandra Uhrich	10' 9	2010
2.	Shelby Bafus	9' 9	2015
3.	Andy Scalberg	9' 4	2019
4.	Annaliese Mack	9' 0	2015
4.	Daria Gladkov	9' 0	2013
4.	Emberlynn Mack	9' 0	2021
7.	Jordynn Montero	8' 7	2012
7.	Lily Sulima	8' 7	2011
7.	Michaela Mack	8' 7	2014
8.	Lindsey McCormick	8' 6	2014
8.	Kiki Quach	8' 6	2008
	Envee Sakhoeun-hem	8' 6	2019

Heptathlon Score

1.	Heather Browning	3955	2012
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